

## Measuring Your Self-Efficacy

### Instructions

As you have just read in the last chapter of this book, self-efficacy is the belief that you can attain your goals, no matter what the circumstances.

Using *The New General Self-Efficacy Scale* (<https://bit.ly/3J4dLt8>), answer the eight questions below about yourself. After you are done, calculate your score by taking the average of all of your responses. A higher score indicates a greater level of self-efficacy.

1. I will be able to achieve most of the goals that I have set for myself.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

2. When facing difficult tasks, I am certain that I will accomplish them.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

3. In general, I think that I can obtain outcomes that are important to me.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

4. I believe I can succeed at almost any endeavor to which I set my mind.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

5. I will be able to successfully overcome many challenges.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

6. I am confident that I can perform effectively on many different tasks.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

7. Compared to other people, I can do most tasks very well.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

8. Even when things are tough, I can perform quite well.

1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.